



## Practice of Charity

*(Excerpt from "At Home with the Word 2026")*

The readings this week remind us of how our baptism calls us to practice our faith through acts of charity. St. John the Baptist testifies that Jesus is the Son of God who baptizes us with the Holy Spirit. St. Paul tells us we are "sanctified in Christ Jesus, called to be holy" (1 Cor 1:2). Do you know how to answer this call to sanctification? Pope Francis teaches, "This holiness to which the Lord calls you will grow through small gestures" (*Gaudete et exsultate*, 16). Try to practice small gestures of charity this week:

Call or visit someone whom you know is lonely.

Practice attentive driving, give the right of way to other drivers on the road, and look out for the safety of pedestrians.

Bring a donation of food to a food bank or volunteer in a soup kitchen.